



CAMPUS SPOTLIGHT: SPRINGWOODS VILLAGE

Located in Spring, Texas, the Kelsey-Seybold Springwoods Village Campus provides comprehensive health care services and is conveniently accessible to residents of north Harris and south Montgomery counties, as well as those from surrounding areas.

Take a [video tour](#) of the campus to explore the facility and learn more about the services available to you.

Comprehensive Medical Services

This 165,000-square-foot facility provides a wide range of specialties, including:

- Audiology
- Cardiology
- Dermatology
- Gastroenterology
- Hematology/Oncology
- Internal Medicine
- Mohs Surgery
- Orthopedics
- Plastic Surgery
- Urology
- Plus many more!

In addition to these specialties, the campus features an on-site laboratory, diagnostic services, cancer services with an infusion center, outpatient surgery center, and a KelseyPharmacy (coming soon), ensuring a broad spectrum of care for patients.

Hours of Operation

Clinic Hours:

Monday – Friday, 7 a.m. to 5:30 p.m.

Lab Hours:

Monday – Friday, 7 a.m. to 6 p.m.

Radiology Hours:

Monday – Friday, 7:30 a.m. to 5:30 p.m.

Ambulatory Surgery Center:

Monday – Friday, 7 a.m. to 3 p.m.

Location and Directions

Address:

22407 Holzwarth Road, Spring, TX 77389

Directions:

For detailed driving directions, refer to the [Springwoods Village Campus Driving Directions](#).

Contact Information



Phone: 346-674-4000



Appointments: Call 713-442-0427

For more information, visit the Springwoods Village Campus [website](#) or the [clinic flyer](#).

Hearing Aids 101

Approximately 1 in 3 Americans between the ages of 65–74 have hearing loss. Nearly half of Americans older than 75 have difficulty hearing¹.

The [National Institute on Aging](#) says that untreated hearing loss can affect cognitive abilities, including memory and concentration. Other health risks include depression, social isolation, increased risk for falls, and difficulty driving safely.

Using hearing aids may reduce² the frequency or severity of cognitive decline, depression, and other health problems in adults.

Fortunately, KelseyCare Advantage offers members hearing aid coverage that helps cover a portion of the cost when purchasing hearing aids.



Different Types of Hearing Loss

Two main types of hearing loss include sensorineural hearing loss and conductive hearing loss.

Sensorineural Hearing Loss

This type of hearing loss occurs when the inner ear or the actual hearing nerve itself becomes damaged. This loss generally occurs when some of the hair cells within the cochlea are damaged.

Sensorineural loss is the most common type of hearing loss. It can be a result of aging, exposure to loud noise, injury, disease, certain drugs, or an inherited condition. This type of hearing loss is typically not medically or surgically treatable; however, many people with this type of loss find that hearing aids can be beneficial.

Conductive Hearing Loss

This type of hearing loss occurs in the outer or middle ear where sound waves are not able to carry all the way through to the inner ear. Sound may be blocked by earwax or a foreign object located in the ear canal; the middle ear space may be impacted with fluid, infection, or a bone abnormality; or the eardrum may have been injured.

In some people, conductive hearing loss may be reversed through medical or surgical intervention. Conductive hearing loss is most common in children who may have recurrent ear infections or who insert foreign objects into their ear canal.

Do Hearing Aids Help All Types of Hearing Loss?

Prescriptively fit hearing aids can fit a wide range of hearing losses, but there are other options available such as assistive listening devices, osseointegrated devices, and cochlear implants when hearing aids are not an option.

What are the Benefits of Prescriptively Fitted Hearing Aids?

Prescriptively fit hearing aids can provide several benefits, including:

- Technology and fitting ranges that can treat different types and degrees of hearing loss
- Improved sound quality
- Professional assistance in the fitting process and follow up visits
- Improved quality of life
- Greater comfort
- Discreet design
- Compatibility with Bluetooth and other technology

Should I Use OTC devices such as Apple AirPods as Hearing Aids?

Over-the-counter (OTC) hearing devices are intended for people with perceived mild to moderate hearing loss. However, AirPods and other OTC devices are not a substitute for medical-grade devices. If you are hard of hearing beyond the moderate hearing loss range, you should seek prescriptively fit hearing devices.

How do I make an appointment?

Kelsey-Seybold offers Audiology services at the following locations:

- Bay Area Campus
- Berthelsen Main Campus
- Fort Bend Campus
- Memorial Villages
- North Houston
- Springwoods Village

Kelsey-Seybold Audiology department can provide diagnostic Audiology services as well as consultations and hearing aid fittings using major national hearing aid manufacturers.

If you have concerns, talk to your Primary Care Provider about whether an audiology and/or ENT consultation is needed.

¹"Age-Related Hearing Loss," National Institute on Deafness and Other Communication Disorders, last accessed August 10, 2023, <https://www.nidcd.nih.gov/health/age-related-hearing-loss>.

²<https://www.federalregister.gov/documents/2022/08/17/2022-17230/medical-devices-ear-nose-and-throat-devices-establishing-over-the-counter-hearing-aids#p-666>

Prioritize Your Health: Schedule Your Preventive Screenings Now

The start of a new year is the perfect time to focus on your health. Preventive screenings are a key part of maintaining your well-being, helping to detect potential issues early and keeping you on the path to better health. Partner with your doctor to prioritize these vital steps in your care.

Annual Wellness Visit: The Foundation of Preventive Care

Starting in January, expect a call to schedule your Annual Wellness Visit. This visit is an opportunity to review your overall health, update your care plan, and schedule important preventive screenings for the year. Even if you just had a visit in December, you can schedule your next one now—no need to wait a full 365 days.

Key Screenings to Include in Your Health Plan

During your Annual Wellness Visit, work with your doctor to determine which screenings and tests you need based on your health history and age. Some of the most common preventive actions include:

Annual Screenings	Cancer Screenings	Diabetes Screenings	Additional Screenings as Needed
<ul style="list-style-type: none"> Flu vaccine Blood pressure check Height, weight, and BMI (body mass index) 	<ul style="list-style-type: none"> Breast Cancer: Every 2 years up to age 74, or as needed. Prostate Cancer: For men up to age 69, or as needed. Colon Cancer: Screening is recommended up to age 75, with options including: <ul style="list-style-type: none"> - Colonoscopy (every 10 years) - FIT-DNA test (every 3 years) - Fecal occult blood test (FOBT) (yearly) 	<ul style="list-style-type: none"> Hemoglobin A1c (HbA1c) LDL cholesterol Urine test for protein Comprehensive eye exam with dilated retinal screening Blood test for kidney function 	<ul style="list-style-type: none"> Bone density test (based on your doctor's recommendation) Review of advance directives (Power of Attorney, Living Will, etc.)

Why Preventive Care Matters

These screenings aren't just checkboxes—they're tools to help you take control of your health. By identifying risks early, you and your doctor can work together to address concerns before they become serious.

See What You're Due For

Did you know you can view your recommended health actions and preventive services in MyKelseyOnline? [Log in](#) to check your personalized health plan and keep track of what's next.

Take Action Today

- Schedule your Annual Wellness Visit as soon as you receive a call.
- Work with your doctor to plan additional screenings, like mammograms, colonoscopies, and bone density tests.
- Use MyKelseyOnline or call your clinic directly to schedule appointments.

To stay on top of your screenings and health goals, download the [Annual Health Checklist](#) and use it alongside MyKelseyOnline to track your progress and plan your next steps.

Prioritize you, prioritize your health—schedule your preventive screenings today for a healthier tomorrow.



Maximizing Your Care with Advanced Practice Clinicians and Virtual Care

As we age, our health care needs often become more complex, making convenient access to quality care crucial. At Kelsey-Seybold, Advanced Practice Clinicians (APCs) and virtual care services offer personalized, accessible solutions to enhance your health care experience.

Who Are Advanced Practice Clinicians?

Advanced Practice Clinicians (APCs), including Nurse Practitioners (NPs) and Physician Assistants (PAs), are vital members of your care team. They work alongside your Kelsey-Seybold physicians to ensure seamless, coordinated care.

APCs are qualified to perform many essential tasks, such as diagnosing illnesses, managing chronic conditions, and prescribing medications. Their patient-centered approach allows for deeper discussions about your health, empowering you to take an active role in managing it.

APCs work closely with your primary doctor and specialists to enhance care coordination, ensuring all aspects of your health are addressed. They also offer flexible scheduling, making it easier to get care when you need it.

Virtual Care Options: Convenient and Fast

Kelsey-Seybold's virtual care options make accessing health care from home easier than ever. Whether you need immediate care or a scheduled appointment, we have a solution for you.

VideoVisitNOW: Quick Care Anytime	Scheduled Video Visits: Your Preferred Provider	E-Visits: Fast Treatment for Minor Issues
For urgent needs, log in to MyKelseyOnline (MKO) and connect with the next available provider—no appointment needed. Most wait times are under 20 minutes.	For non-urgent needs, schedule a video visit with your primary care or specialty provider at a time that works for you.	Start an E-Visit through MKO or the MyKelsey app. Share your symptoms and get a treatment plan, including prescriptions if needed, within an hour.

Why Choose Virtual Care?

- **Convenience:** Access care from home or on the go.
- **Speed:** Get timely responses and treatment plans.
- **Accessibility:** Address a variety of health concerns without visiting the clinic.

Combining APC expertise with the flexibility of virtual care gives you even more options to manage your health. At Kelsey-Seybold, we're committed to accessible, patient-centered care.

Thrive All Year: Monthly Tips for Your Health & Happiness

Each month brings opportunities to focus on specific areas of well-being:

January: Glaucoma Awareness

Glaucoma is a leading cause of blindness, often with no symptoms in its early stages. Protect your vision by getting a comprehensive eye exam, especially if you're over 60 or have a family history of the condition. Early detection is key to managing glaucoma effectively.

February: Heart Health

February is a great time to focus on your heart health! Keep your heart strong by maintaining a balanced diet, staying active, and managing stress. If you haven't already, schedule a check-up with your doctor to discuss your heart health and any screenings you may need.

March: Nutrition Awareness

Good nutrition is the foundation of good health. This month, make it a priority to eat a variety of colorful fruits and vegetables, choose whole grains, and reduce processed foods. Small changes can lead to big improvements in your overall well-being!



Re-Discover the KelseyCare *Advantage*

Time for a benefits refresher? Whether you're a new member or just need a quick review, our [Discover the KelseyCare Advantage page](#) has you covered. Each month, we break down different benefit topics in easy-to-digest segments. Even if you're a seasoned member, it's worth it to stay informed and make the most of your membership.

Visit our [Discover the KelseyCare Advantage page](#) regularly to explore the latest topics and rediscover the *advantages* of being part of the KelseyCare Advantage community.

Healthy Chats With KCA: Our Quarterly Webinars Keep You Informed

Staying informed about your health is key! Our KCA quarterly webinar series brings valuable insights straight to your screen.

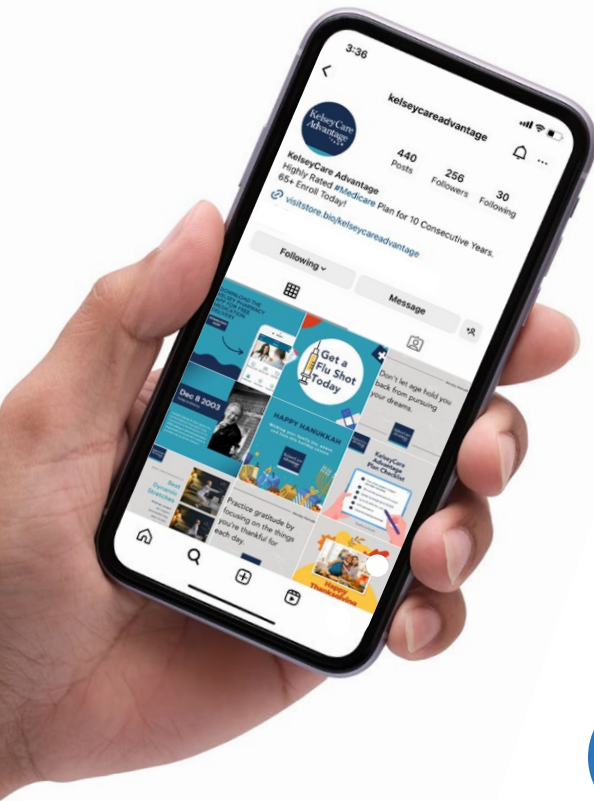
Our latest webinar in December, hosted by Dr. Paul O'Leary, focused on the many options you have for convenient access to your health care.

Looking ahead, our Quarter 1 webinar will take place in March. While the exact date and topic are still being finalized, you can count on it being informative and relevant to your health needs.

Stay tuned for updates and make sure you don't miss out on these helpful sessions!



Connect with us on social media!



Don't forget to stay social with us. If you haven't already, then please connect with us on Facebook, X (formerly known as Twitter), Instagram, and LinkedIn! On our social media sites, you'll see a variety of health and lifestyle features, KelseyCare Advantage plan updates, and you can see Kelsey-Seybold Clinic updates such as clinic closures or changes to hours of operation due to bad weather.

- See cutting-edge health information and share it with your friends and family.
- Contact us with questions that you have about your plan.

We hope to connect with you soon!

